



TERM 4 PROGRAMS

Monday 5th October to Friday 18th December



Community Singing Group via Zoom

Wednesdays at 10:00

\$99 for 11 week term

This a friendly, relaxed group, supportive of men and women and led by the fabulous Flip. If you enjoy singing but have never got around to joining a choir, try out a virtual one because no one else can hear you!

Email the office at admin@railwayneighbourhoodhouse.org.au to book

Creative Writing with Barry Dickins

\$220 for 11 week term

Join Barry Dickins – Australian playwright, author, artist, actor and educator – for weekly writing inspiration and support. Whether you're writing your memoirs, crafting some poetry or dreaming up some creative prose, Barry is on hand to offer you as much email and phone tuition, feedback and advice as you need. Group meets fortnightly via Zoom and via email conversations in between.

Email the office at admin@railwayneighbourhoodhouse.org.au if you are interested.

Food in Common

Wednesdays (fortnightly from Wednesday 7th October)

FREE / \$5 / \$10 per session (includes recipe and ingredient pack)

Staying healthy, connected and keeping busy during COVID hasn't been easy – so we're trialling a new way to bring you exciting, fresh food and recipes, socialise safely and learn new skills online. The Food in Common project will include recipe packs, instructional cooking videos and regular online catch-ups so we can continue to share meals and stories together – even if from afar.



Kids' Karate via Zoom (returning students only)

Mondays and Thursday 6:00 – 6:45

\$110 for 11 week term (\$77 concession)

Email Alison at manager@railwayneighbourhoodhouse.org.au to book



Origami

Saturdays at 10:00 (Fortnightly from October 10th to December 19th)

FREE

These classes are at an introductory level so no prior experience with origami is required. Grab some paper you have lying around the house, cut it into a square shape, and join us on Zoom for some origami fun!

Email admin@railwayneighbourhoodhouse.org.au to book.

Tai Chi via Zoom

Thursdays at 11:00 AM

\$77 for 11 week term

Tai Chi is easy to learn and has myriad health benefits for the mind and body. It is also the perfect discipline to practise at home. You'll soon be feeling the benefits!

Email the office at admin@railwayneighbourhoodhouse.org.au to book



Women's Exercise via Zoom

Mondays and Thursdays 9:45 – 10:30

Join personal trainer Jen for gentle but effective exercise for women of all ages and fitness levels. Participants work at their own pace and comfort level using their body weight and available equipment.

Email Jen at mounirjo@hotmail.com for cost and to book

PAYMENT

With the exception of Creative Writing and Women's Exercise, please make payment for all classes to Railway House via bank transfer:

BSB: 313 140

Account: 1205 4263

Name: Railway House



**Please include your name and the class you are paying for as a reference.*



The **Art**, **Knitting** and the **Bicycle** groups are continuing to stay in touch via WhatsApp and Zoom. If you usually attend one of these programs and would like to be linked in, please call or email the office.



Contact the office if you would like help downloading and setting up Zoom.
Once you have it installed, it is very easy to use.